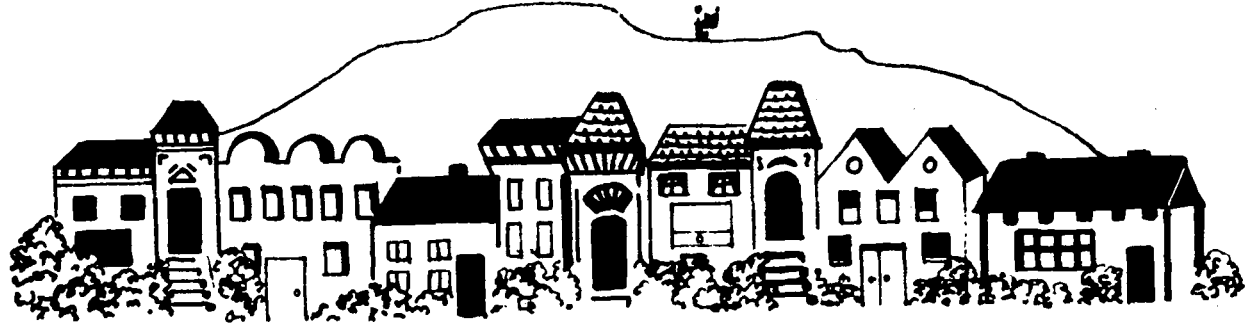


NEW



BERNAL JOURNAL

February/March 1989



Volume 26, NO. 1

COME TO THE CONGRESS!

- SATURDAY, MARCH 11TH, 1989
BERNAL HEIGHTS COMMUNITY FOUNDATION -
515 CORTLAND AVENUE

Tentative Schedule

9:30 - 10:00 a.m. - Get Acquainted Over Coffee Cakes
10:00 - 11:30 - Three Workshops on:
1. Affordable Housing and Planning in Bernal
2. Youth Programs for 1989
3. Hispanic Outreach

11:30 - 1:00 - Plenary Session
Action Plans for the Year
Election of New BHCF Board of Directors

1:00 - 2:00 - More Informal Exchange Over Lunch

Wheelchair Accessible * Childcare Available
More Information Soon

**TODOS INTERESADO RESIDENTES DEL BERNAL HEIGHTS
ESTAN INVITADOS A PARTICIPAR EN EL
TERCERO ANUAL CONGRESO - SABADO, 11 DE
MARZO
BERNAL HEIGHTS COMMUNITY FOUNDATION
515 CORTLAND AVENUE**

Horario Tentativo:

9:30 - 10:00 a.m. - Ponerse de acuerdo con café y
bizcocho

10:00 - 11:30 a.m. Tres talleres en
1. Barata y planeo en el Bernal
2. Programas de juventud para 1989
3. Outreach Hispanica

11:30 - 1:00 p.m. Sesión plenaria
Planes de acción para el año
Elecciones de la nueva junta del BHCF almuerzo

1:00 - 2:00 mas informal intercambio sobre

silla de rueda accesible---cuidio de niños aprovechable
--mas informacion pronto

JOBS!

By Gail Corbitt



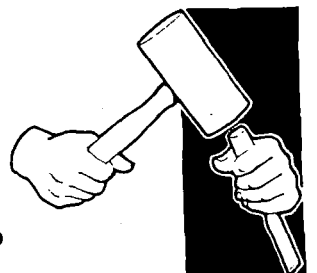
The Conservation Corps has openings for workers in the age group of 18 to 23 years old. An interviewing session will be held at the Bernal Heights Community Center, 515 Cortland Avenue, on February 14 at 2:20. The person who does the actual hiring will be here to discuss the program and initial interviews will be conducted on a one to one basis with a member of the Corps. Starting pay is \$4.35 an hour, but the benefits are outstanding. Valuable job skills such as sheetrocking, landscaping, and construction can be learned on the job. Also, any employee may take free classes such as English as a second language, G.E.D., and personal development. Job placement also is offered. Employees are not required to be English speaking.

The Conservation Corps is an exciting program because employees can learn valuable job skills while being paid to work. Come to the Community Center and learn more!

Also, Rich Sorro will be here from the Mission Hiring Hall to talk about jobs available at the new Marriot Hotel.

TRABAJO

por Gail Corbit
traducido por E. DiStefano



El Cuerpo de Conservación necesita trabajadores en el grupo de edades de los 18 a los 23 años. Unas sesiones de entrevistas se llevarán a cabo en el Bernal Heights Community Center, en 515 Cortland Avenue, el 14 de febrero, de las 2:30 a las 4:30 p.m. Las personas que contrataran a la gente estarán aquí para discutir el programa e iniciar las entrevistas que serán conducidas vasicamente una a una con uno de los miembros del Cuerpo.. Empezarán pagando \$4.35 la hora pero los beneficios son considerables, habilidades en el trabajo tales como poner pared de jeso, jardineria y construcción que puede ser aprendida en el trabajo, tambien cualquier empleado puede tomar clases de ingles como segundo lenguaje, GED y desarrollo personal, colocaciones son tambien ofrecidas, no se requiere que los empleados hablen ingles.

El Cuerpo de Conservación es un programa exitante porque los empleados puede desarrollar habilidad en el trabajo mientras son pagados para trabajar. Ven al Community Center y aprende más

Tambien, Rich Sorro de la Mission Hiring Hall estare presente para discutir trabajos en el Hotel Marriot.

YEAH 49ers!

NEW BERNAL JOURNAL

515 Cortland Avenue,
(phone 648-0330)

The *New Bernal Journal* is an open forum of the community sponsored by the Bernal Heights Community Foundation. It is dedicated to providing the people of Bernal Heights with neighborhood news, ideas, issues, and events. Articles express the views of contributors and not necessarily those of the Community Foundation.

Deadline for the March/April issue is April 1, 1989. No late articles or photos accepted.

All manuscripts must be typed, double-spaced, or arrangements can be made to enter them directly into the computer. We reserve the right to edit for clarity or space.

Circulation 8,000

New Bernal Journal Staff/Volunteers:

Editor: Gail Corbitt

Copy Editor: Emma Torres

Youth Page Editor: Eileen Dizon

Advisor: Barbara Bagot

Production Manager: Kay Daly

Movie Reviewer: Don Gible

Youth Staff: Inez Rosa, Ericha Dominguez, Annalis O'Neil, Alexis O'Neil, Yolanda Arenas, Claudia Arenas, George Sacco

Production Crew: Bob Dutra, Amy Love, John Lyon, Youth Staff

Advertising: Gail Corbitt

Data Processing: Youth Staff, Emma Torres

Spanish Translator: Eugenia DiStafano, Maria Chavez, Cristina Majewsky

Artwork: Spain Rodriguez, Youth Staff

Distribution: Diane Ross, Steve Antonaros, and a cast of hundreds!

Photography: Gerald Whitehead, Sister Janet Simons, Mike Noon, John Lyon

The next Bernal Journal Advisory Board Meeting is February 13, 1989 at 6:30 p.m. in the Bernal Journal office, 515 Cortland Avenue.



Someone New

Anthony Singleton recently joined the staff of the Community Center in the newly created position of Alemany Youth Worker. Anthony is a native San Franciscan. He graduated from the University of Oregon with a degree in Recreation and Parks Management and an emphasis on Youth Agencies.

Among the problems Anthony will be addressing are drugs, AIDS among intravenous drug users, racism, and jobs for young people. Anthony said, "I want to address the issue of how adults can be more of a participant in their children's education and address high school completion and establish a GED program." Another priority Anthony has is helping youth set realistic goals in selecting a career and going after those career fields that are expected to grow in future years.

Anthony was previously a Community School Coordinator for Chelom Recreation and Park District of Newburg, Oregon. He also has worked as a counselor for the Portland Job Corps and is currently a recreation director for the San Francisco Recreation Department.

Welcome Anthony!

DISTRIBUTORS NEEDED!

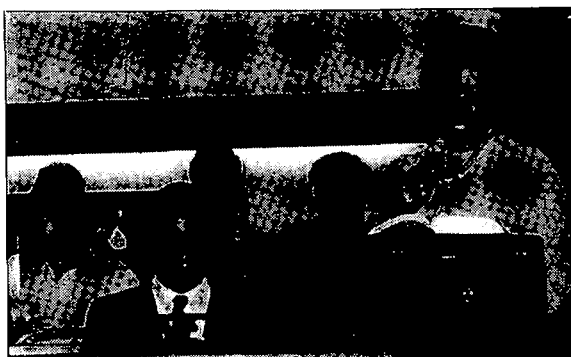
The New Bernal Journal is distributed by volunteers who deliver papers on their block or a few blocks. It takes less than hour every other month and it get the neighborhood paper out so that we can all enjoy it. It's a fun way to burn off a few calories. To volunteer call Diane Ross at 285-2981.

ANNUAL FUNDRAISING DINNER A FINANCIAL SUCCESS...AND LOTS OF FUN!

By Gail Corbitt

The Bernal Heights Community Center's Annual Fundraising Dinner brought in over \$5,000 and everyone had a wonderful time thanks to our guest comedians Will Durst and Tom Ammiano. Further entertainment was provided by the Willet Sisters, Gerogia and Dorothy.

Honors went to two outstanding neighborhood organizations, Coleridge Park Neighbors and The Alemany Tenants Association and four individuals: Bruno Roca, Emma Torres, Benny Smith and everyone's sweetheart, James Williams. Thanks to Safeway and our chefs Bruno and Mark, the food was superb. Also, thanks to the seniors for the lovely decorations. And a pat on the back to all of us who worked so hard, what a night it was!



SOUL FOOD DINNER BEGINS THE CELEBRATION OF BLACK HISTORY MONTH AT THE BHCF

by Vicki Victoria

The community center had a full house for our January 26 Soul Food Dinner. Reverend Harold Franklin read a short story, "There's a Stranger in Town." Beautiful gospel songs were sung by Christine Franklin with piano accompaniment by Samuel Barber, and Bennie Smith made a speech on Black history. The evening was perfectly rounded out by more gospel music by Theresa Horton and the reading of the poem "The Freedom Train" by Iona Lawhorn. These very inspirational and moving performances caused us all to reflect on the long struggle Black's have faced, yet left us with hope for a better future.

Extra special thanks go to our talented cooks, Grace Williams, Vernon Tarriel, Joanna Banks, and Margaret Nelson for the delicious home made soul food. And extra, extra thanks to Joanna Banks for arranging the dinner's guest speakers and singers. Safeway generously donated \$50 for the event. Let's make this an annual event!



The distribution of surplus food for February 23, 1989 will be at
956 Ellsworth Street
in the Alemany Housing Area

SUBSCRIBE TO THE BERNAL JOURNAL !!

☐ please send a 1 year subscription for \$7.50 to:

☐ I would like to make an additional contribution to the Bernal Journal Youth Project, the only youth training project in Bernal Heights.
WE NEED YOUR SUPPORT!!!

send to: Bernal Journal
515 Cortland Avenue
San Francisco, CA 94110

NEWS UPDATE



OUR CENTRAL PARK BEHIND THE LIBRARY ON CORTLAND

About 40 neighbors have met twice with representatives of the police, Park and Recreation, and SLUG (San Francisco Urban Gardens) to generate ideas for a better use of our public land in our business center. Ideas have been put forward: Turning the dirt and grass strewn patch behind the library into a flower garden tended to by folks of all ages, lights installed on the recreation fields for adult evening dances, pot lucks, picnics, more adult use of the recreation center's gym and weight room, groups of parents escorting their small children in larger numbers to the children's play area close to the library and other parents of middle aged children working out a schedule so at least two families are present at the recreation center during all the good programs there during the afternoon.

The most recent meeting, held on January 20, brought discussions about pitbull fighting at the top of the hill near the microwave station. Apparently these fights are related to the drug dealers, and the dogs are fought to the death. This information was passed on to police who will begin patrolling for this. It is essential that anyone who knows of this share their information with police. Emergency calls are 911. To report information call 553-0123. You may remain anonymous when you call, but the police must have our help to stop this brutal practice. Also at that meeting several people said that Holly Park is now quite active around midnight. Again, if you see drug related activity, please call 553-0123.

One very positive result of these meeting was the organization of "Play-In" where groups of parents and children get together to use the park. Several parents at the meeting said they had been verbally harassed out of the park. However, if we join together to use our park, we can feel safe. Also this sends out a clear message that we want our park for our children. On January 14, we had a very successful "Play-In" with about 10 families attending. The children had a wonderful time, and the families really enjoyed meeting each other. Our next "Play-In" is scheduled for 11:00 a.m. on Saturday, February 11. Bring your children and some snacks if you wish, and get ready to have fun!

***IMPORTANT MEETINGS: PARK PLANNING MEETING, February 7, 515 CORTLAND, 6:30 PM.**

**Representatives from the Police
Force will be present.**

NUESTRO PARQUE CENTRAL

Translation by Cristinia Majewsky

Como cuarenta vecinos se han reunido dos veces con representantes de la Policía, Parque y Recreación, y SLUG (Jardines Urbano de San Francisco) para producir ideas para un mejor uso de nuestro terreno publico en nuestro centro de negocio. Ideas que se

han puesto delante Volteando la tierra y monte detrás de la biblioteca, a un jardin de flores, cuidado por gente de todas edades, instalar luces en el campo de recreacion para tarde bailes para adultos, comida campestre, mas uso del gimnasio del centro recreación y el cuarto de pesas, grupos de padres acompañando a sus niños pequeños en grande numeros al espacio de jugar para los niños cerca a la biblioteca y otros padres de niños mas grande trabajando un horario para que por lo menos dos familias estan presente en el centro de recreacion durante todos los buenos programas durante las tardes.

El mas reciente reunion del 20 de enero trajo discusiones sobre peleas de perros (raza Pitbull) arriba de la loma por la estacion de microwave. Apparently estas peleas son relacionado a negocios de drogas, y los perros son peleados hasta muerte. Esta informacion estaba reportada a la policia quienes van a comenzar a patrullar esta area mas, Es muy esencial que toda persona que tiene conocimiento de esta peleas que llamen a la policia. Llamadas de emergencia es 911. Para reportar informacion llamen 553-0123. La policia tiene que tener su ayuda para parar esta practica brutal. Tambien en la misma reunion varia gente dijo que en medianoche el Holly Park esta bastante activa. Otra vez, si usted mira actividad relacionado con drogas, por favor llamen a 553-0123.

Un resultado muy positivo de estas reuniones fue la organacion "Play-In" donde grupos de padres y niños se juntan a usar el parque. Varios padres en la reuniones dijeron que los han sacaron del parque hostigantemente verbal. Sin embargo, si nosotros nos juntamos, no solo nos sentiremos seguro pero podemos a usar nuestro parque para nuestro niños. El 14 de enero hubo un reunion de "Play-In" con aproximadamente diez familias atendieron. Los niños gozaron y las familias gozaron conociendose. Nuestro proximo reunion de "Play-In" va hacer sabado, el 11 de febrero a las 11 de la manana Traegan sus niños, si usted desea unos bocados, y preparese a tener un buen tiempo!

***PLAY IN AT THE PARK:
SATURDAY, FEBRUARY
11 AT 11:00 A.M.**

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VISTA JOB OPPORTUNITY WITH SHARE

By Richard Strong

SHARE is a non-profit food-buying club serving the entire Bay Area from a warehouse in San Francisco. For \$12 and two hours of community service, SHARE participants receive approximately 40 pounds of food with a retail value of \$30-35. SHARE is looking for VISTA Outreach/Warehouse Volunteers. This will be a full year position, starting in February 1989, with the possibility for a permanent position in mid-level management.

The job will be divided into two parts:

1) Practical warehouse work -- running warehouse equipment, receiving and sending trucks, supervising fruit and vegetable packing by SHARE volunteers, inventorying, building maintenance, and greeting the public.

2) Community Outreach -- liaison to the volunteer work teams at distribution sites (mostly churches), trouble shooting and problem solving around bagging and distribution, and being part of a team approach to expanding this 18-month old food program.

QUALIFICATIONS: Community work experience, ability to work with people of varied backgrounds and skills, physical strength and stamina for warehouse work and long hours, willingness to travel, availability on week-ends and evenings.

So if you qualify, work with your heart, head, and hands to reduce hunger, and get a \$475 stipend/month (does not count against SSI, food stamps, or welfare benefits) plus health insurance but unfortunately, no deductible.

For an application or more information, call or write today:

SHARE
2540 Newhall Street
San Francisco, CA 94124
(415) 467-2506

A HEALING TOUCH

by Charles Seltzer

Massage is one of the oldest of healing arts. It no doubt originates in our instinctive response to pain: reaching out to offer gentle touch to relieve another's hurt. No one knows how long massage has been practiced. But as far back as ancient Egypt, hieroglyphs clearly depict the early practice of massage.

Today, massage is enjoying a renaissance, no doubt as an antidote to the stressful lives so many of us lead. Massage is now being performed in airports, corporate offices, shopping centers, health clubs, and medical offices. It is also done in homes, hotels, beaches and even on sidewalks. Schools all over the country have sprung up to train the new massage therapists. Long known as an innovative region, the S.F. Bay area, not surprisingly, has the largest concentration of massage schools in the country, offering students the chance to earn diplomas and professional credentials in this fast growing field.

Who gets massage? It's for everyone. Once associated with either the rich and famous or the hurt and diseased, people from all walks of life are discovering the therapeutic value of regular massage sessions. Athletes recover faster and are prone to fewer injuries when they receive regular massage. Business people discover that they work better when they can regularly shed job related stresses in the hands of a professionally trained massage therapist. When we feel better, we function better.

Touch is an extension of our heart's caring for one another. Regular massage is a gift of love to yourself, a chance to unwind, to reconnect with yourself amidst the hustle and bustle of modern life, a chance to shed accumulated tension in a nurturing and professional environment. You can find out for yourself what a relief it is to be touched with massage.

Charles Seltzer is a certified massage therapist and bodyworker that is a Bernal Heights resident.

ST. LUKE'S OFFERS FREE PHYSICIAN REFERRAL SERVICE

St. Luke's Hospital is offering community residents free assistance in finding a doctor who meets their specific health needs. The Physician Referral Service is a program available weekdays by telephone to callers at 821-DOCS.

"We want to offer people a better alternative to finding a doctor than running their finger randomly through the telephone book," said Maryann Rosales, coordinator of the St. Luke's Physician Referral Service. "Even when someone relies on friends of family to find a doctor, they often find that their health needs are different from the person offering the recommendation."

The Physician Referral Service provides a more personalized approach to selecting a physician by tailoring the referral to the caller's specific requirements. Callers can request referrals to the family practitioners, internists, pediatricians, and more than 20 other specialty doctors such as obstetricians, dermatologists, cosmetic surgeons, and more. If the caller also has a preference for the doctor's office location or other special needs such as a bilingual doctor, these can be met in most cases. Over 200 physicians are included on the 821-DOCS referral panel, and all are affiliated with St. Luke's Hospital. Most accept Medi-Care, private insurance and, in some cases, Medi-Cal.

"We provide the names, addresses and phone numbers of those physicians who match the caller's needs," said Ms. Rosales. "Plus, we can connect them to the doctor's office so they can make an appointment if desired with their single call."

All callers receive a referral letter from Ms. Rosales listing the physicians so they have a personalized record of the information given to them over the phone. Brochures on hospital programs can also be included upon request.

The service is available to Spanish-speaking residents also, since Ms.

Rosales is bilingual and many physicians affiliated with St. Luke's speak Spanish as well as other languages.

An additional benefit for neighborhood residents who use the St. Luke's Physician Referral Service is finding a doctor close to home. Over 100 physicians are located at the St. Luke's Montegale Medical building at 1580 Valencia Street. Others have offices throughout the southern portion of San Francisco in various neighborhood locations.

For further information, call 821-DOCS, Physician Referral Service Monday through Friday from 8:00 a.m. to 4:30 p.m.

1989 SHARE CALENDAR

The SHARE program, formerly located at St. Kevin's Church, has been moved to the Bernal Heights Community Center at 515 Cortland. For more information call 648-0330 between 9 a.m. and 5 p.m. Monday through Friday.

Anyone may participate in the SHARE program. For \$12 in cash or food stamps and two hours of community service at the SHARE warehouse on Newhall St. the participant receives a package of food worth between \$25-\$30. Below are the deadlines:

DEADLINE TO PAY FOR FOOD PICKUP	DATE OF FOOD
February 4	February 18
March 3	March 18
April 7	April 22
May 5	May 20
June 9	June 24
July 7	July 22
August 11	August 26
September 8	September 23
October 6	October 21
November 3	November 18
December 1	December 16



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The Good Works of the Good Samaritans

by E. Dizon

"If a stranger lives with you in your land, do not molest him. You must count him as one of your own countrymen and love him as yourself--for you were once strangers yourselves..."

Leviticus 19:33-41

This is what you will find on the front of the Good Samaritan Community Center at 1292 Potrero the center that helps meet the needs of the immigrants of the Mission District and encourages them to make a contribution to our community. This Settlement House with its neighbors, builds a better choice for residents of our often troubled neighborhood and has been doing so for almost ninety years.

The Good Samaritan House is a tradition driven by "a philosophy of integration, of increasing the feeling of belonging, cohesiveness, and responsibility for the life of one's community." The people's aim is to serve the poorest and least capable members of our community, and intend to do this through its programs that focus on:

- *the advancement of the Latino immigrant children in the San Francisco public schools
- *offering services for women and children affected by AIDS and Addiction
- *encouraging the concept of four or five day care centers serving the business community of the city
- *a summer reading camp for 70 children that emphasizes reading and writing for three hours in the morning and cultural arts in the afternoon
- *involvement as a joint partner with the San Francisco General Hospital in the SHARE food program that promotes volunteer efforts
- *working to provide cultural entertainment and education in the evenings.

Also the Good Samaritan Building functions as a program providing affordable, clean, and safe space to other non-profit and community service organizations. Check out the programs available today.

These services exist so they can be used by you. For more information phone the Center at 824-3500 or 824-1599.

However if you are fortunate enough to have spare time and/or money, you can become a Hope Broker to 4,000 people served by the good Samaritan Community Center. Never hesitate to be a good neighbor.

El Buen Trabajo Del Duen Samarita

por E. Dizon

traducido por E. DiStéfano

Si un extranjero vive en tu tierra, no lo molestes., debes tratarlo como si fuera de tu mismo país, y quererlo así como tu fuiste extranjero una vez.

Leviticus 19-33-41

Esto es lo que se encuentra escrito en la entrada del Centro de la Co- 1292 Potrero unidad del Buen Samaritano, que ayuda a resolver las necesidades de los inmigrantes del Distrito de la.Mission, y los anima a contribuir en nuestra comunidad. Esta casa se estableció con sus vecinos para edificar un medio mejor de escoger para los residentes de nuestro frecuente problemático vecindario y ha estado haciendolo por casi nueve años..

La Casa del Buen Samaritano es una tradición llevada por un filosofa de integracion é incrementación de sentimientos de pertenecer y de conexión, y la responsabilidad por la vida de su comunidad. "La direccion de la gente de servir al mas pobre y más incapáz miembro de la comunidad e intentandolo a travez de estos porgramas que enfocan en:

*Los adelantos de los hijos de los inmigrantes Latino Americanos, en las escuelas públicas de San Francisco.

*Ofreciendo servicios para mujeres y niños afectados por el SIDA (AIDS) , y drogadictos.

*Animando el concepto de cuatro o cinco centros de cuidado sirviendo a la comunidad de negocios de la ciudad.

*Un programa de verano de lectura para 70 niños (as) que dará enfa- cis a la lectura y escritura por tres horas en las mañanas y artes culturales en las tardes.

*Integrarse como un socio con el Hospital General de San Francisco en el programa de COMPARTIMIENTO de comida (SHARE) que promueve esfuer- zos voluntarios.

*Trabajando para contribuir con entretenimientos culturales y educación en las noches. También, el edificio del Buen Samaritano funciona como un programa que proporciona economico limpio y seguro lugar a otras organizaciones y comunidades de servicios que no ganan dinero. Reviselos programas disponibles ahora.

Estos servicios existen para ser usados por ustedes., para más información llamen al 824-3500 ó al 824-1599.

Sin embargo si tu eres lo suficiente afortunado de tener tiempo libre ó dinero tu puedes crear un HOPE BROKER a 4,000 gentes servidas por el centro de la comunidad del Buen Samaritano. Nunca dudes de ser un buen vecino.



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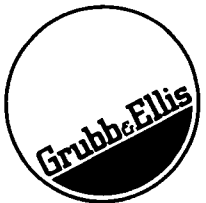


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Bernal Heights Community Foundation Update

by Helen Helfer, Executive Director

* Thanks to all of you who contributed and/or attended our 2nd Annual Fundraising Dinner last month. We made over \$5,000 for our Center and new Youth Programs. It was a festive, fun, and successful evening - thanks to your support.

* Please mark Friday, January 27th on your calendars, and join us for our first Family Night Dinner of 1989. The Theme is Soul Food, and we will be honoring Martin Luther King, Jr, Black History Month, and the many people of color in Bernal Heights who have contributed so much to the Center and Foundation over the years. Georgia and Dorothy Willette will again be performing their magnificent gospel songs. Tickets are \$8.00 each, and \$5.00 for Seniors and children under twelve. For further information, please call the Center at 648-0330.

Bernal Heights
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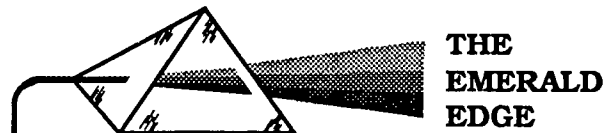
* **Planning Ahead:** Please also mark Saturday, March 11th on your calendars for the BHCf's Third Neighborhood Congress. The hours will be from 10 a.m. - 1 p.m. with an informal lunch for those who want to stay. Specific details will be forthcoming in a special mailing.

* **Coleridge Park Homes** now has a Management Agent. After two months of intensive interviews, the BHCf Board recommended to the Bernal Senior Housing Corporation the firm of Bridge Management Company, whose parent company is part owner with us of Coleridge Park Homes. I want to personally thank the neighbors who spent many difficult hours in helping us through this process: Jim Hurley, Buddy Choy, Lela Havner, Marian Hall, and our Board Members Steve Antonaros and Tim Molinare, as well as Father O'Malley, Buck Bagot, and Rick Devine. We will be handing over the 350 plus mailing list to Bridge next week, and formal applications should be sent to everyone by the end of January.

* **Youth Organizer hired at Alemany:** With a grant from the Irvine Foundation, we just completed the hiring process for our new Youth Organizer, whose office will be in the vacant pre-school building at Alemany Public Housing Project. I want to thank those who generously volunteered their time to serve on the Hiring Committee - Alta Faye Scales, President of the Alemany Tenants Association; Betty Hoskins, President of the Alemany Parents Association; Father O'Malley of St. Kevin's Church (with whom we are sub-contracting on this grant); and Earl Chase, a Bernal neighbor who has created, with Jerry Powell and Buck Bagot, a model tutorial program for and with the youth at Alemany. Anthony Singleton, our Youth Organizer, just began with us this past week, and we all wish him well in his exciting and challenging job.

* **Hispanic Outreach Committee Formed:** Thanks to Teresa Mejia and Cristina Majewsky, BHCf Board Members, an Hispanic Outreach Committee has been formed to begin planning specific programs to assist the hundreds of refugee families, particularly from El Salvador and Guatemala, who are now living in Bernal Heights. Besides Teresa and Cristina, the following neighbors joined us for the first meeting: Eugenia DiStephano, Miguel Vasquez, Francisco Mejia, and Buck Bagot. For further information, please call our Office at 648-0330.

* **New Potential Board Member Born:** Steve and Ruth Antonaros are now the proud parents of Anthony, born during the hectic holiday season. We wish them all a very happy New Year and life together.



JEANETTE CONLEY, R.N

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FEB. - MAR. 1989

TONING WORKSHOP

■ Feb. 5 - SUNDAY - 10 AM TO 4 PM

USING SOUND WE WILL OPEN OUR HEART, MIND AND SOUL. CLEARING THE CHAKRA'S AND GROUP TONING WILL BE DONE.

■ Feb. 7 - TUESDAY - 7:30 PM TO 9:30 PM
AYURVEDA & pH BALANCING

■ Feb. 21 - TUESDAY - 7:30 PM TO 9:30 PM
CLEANSING AND DETOXIFYING THE BODY

■ Mar. 7 - TUESDAY - 7:30 PM TO 9:30 PM
IMMUNE ENHANCEMENT & REGENERATION

■ Mar. 21 - TUESDAY - 7:30 PM TO 9:30 PM
WOMEN'S HEALTH



BERNAL REAL ESTATE SPECIALISTS

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BERNAL HILLTOP AND THE REVEGATATION MOVEMENT

by Barbara M. Pitschel

People interested in preserving, managing, and restoring our rapidly dwindling natural resources frequently are encouraged to think globally and act locally. This column usually is focused on local action dedicated to the interpretation and stewardship of our neighborhood's remnant historic landscape on Bernal Hilltop.

The first annual meeting of the Society for Ecological Restoration and Management (SERM) was held in Oakland, January 16-20. The 400 attendees were from all over the United States (including native American representation), as well as Canada, England, Australia, Israel, and central Europe. Participants were representative of public agencies, (National Parks, Forest Service CalTrans, state and county parks, etc.), universities, private firms doing restoration work and consultation, conservation organizations (Nature Conservancy, Audubon, native plant societies, Bay Area Mountain Watch), botanical gardens, volunteer groups such as Bernal's, native plant nurseries, and seed suppliers. Botanists, ecologists, researchers, practitioners, landscape architects, volunteers, and even a librarian (myself) shared insights and techniques and grappled with such philosophical and practical issues as what constitutes an original landscape, what standards are necessary to monitor success of a restoration, how to maintain genetic diversity without polluting the indigenous gene pool, and much more. All types of biotic communities were represented including forests, deserts, grasslands, savannas, and riparian and wetland habitats. Keynote speakers included ecologist Ted Sperry, disciple of Aldo Leopold, an early prairie restorer at the University of Wisconsin (the birthplace of the restoration movement) half a century ago. Three days of symposia, workshops, and contributed papers allowed for presentation of nearly 90 papers submitted by participants. Every one I managed to hear, in a schedule fraught with difficult choices, was excellent. David Amme and I

co-authored a paper, which he presented, on the history and future of California grasslands; the Bernal project was included as an example of a restoration project within a metropolitan urban area.

As we work on Bernal searching for answers to the best ways to help the hill heal itself, we can be encouraged that there are many other people out there engaged in parallel processes, that we are not struggling alone. You are invited to join the effort and to participate in upcoming work parties. On February 19 and March 19 at 11 a.m., meet at the foot of the road leading to the phone company microwave tower. Please bring clippers. Plan to combine your work with appreciation of the native wildflowers, as the next few months will be the most beautiful of the year on Bernal. The March work part will, in fact, be combined with a field trip sponsored by the Yerba Buena Chapter of the California Native Plant Society. For additional information, contact me (Barbara Pitschel) at 282-5066.

St. Kevin's Bingo
Every Wednesday Night
Parish Hall
(Ellsworth off Cortland)
648-5751

Doors open 6 pm
First game 7:30 pm

Cards \$1 each—\$5 minimum
Includes all regular and jackpot

\$100—10 games—Good Neighbors

\$150—4 games—Good and Good Good
Neighbors

\$25 Free Game/2-\$250 Jackpots

\$150 Sockos

Door Prizes



HISPANIC OUTREACH COMMITTEE FORMING

7

Within the past eight years, programs for Hispanics of this and other communities have dropped. For this reason we have developed the Hispanic Outreach Committee.

The Hispanic Outreach Committee will be meeting Saturday February 4, 1989, from 10:00 a.m. to 12:00 p.m., at the Bernal Heights Community Center located at 515 Cortland Avenue, between Moultrie & Andover Streets. We will be discussing issues on Housing & Employment. Other issues that will be brought up in future meetings are Health, Education, Immigration, etc..

It is important that you attend this meeting to let your voice be heard, otherwise you will never do something about the situation. For further information call Helen Helfer at 648-0330.

EL COMITE DE HISPANIC OUTREACH COMIENZA

Entre los pasado ocho anos, han cortaron programas y servicios para la gente Hispanicas. Por esta razon hemos formado el comite Hispanic Outreach.

El cuatro de Febrero 1989, de las diez de la mañana, hasta las doce de la tarde vamos a tener una reunion. La reunion va hacer en el Centro de Bernal Heights Community Foundation., 515 Avenida Cortland. Queda entre la calles Moultrie y Anderson. Esta reunion van hacer relativo a Casas y Empleo.

Un ejemplo de otra topicas sobre que vamos a hablar en futuro reuniones va hacer relativo a educacion, salud, emigracion, etc.

Es importante que atendan esta reunion. Si uno solo habla y no van a las reuniones nunca van a saber donde a ir para ayuda, y nunca se va a arreglar la situacion. Para informacion llamen a Helen Helfer 648-0330.

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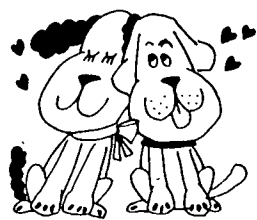
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GODDESS FAIRE
REMEMBER THE MAGIC

8 Children's Books Exposed

from the office of Children's Services



St. Valentine's Day

by Inez Rosa



Cards, candy, and flowers are all things we can associate with that wonderful time of the year that brings friends and lovers closer together, St. Valentine's day.

How did such a holiday come about?

It all began with those free-spirited Romans. They had noticed that birds would mate around the middle of February so they decided to make February 14th a day to celebrate the holiday of love; they called it the Feast of Lupercalia.

Instead of sending that special guy or girl cards, flowers, or candy, they had a lottery. The young boys and girls would draw names from a box and be matched up. Whomever they were matched up with they were supposed to go steady with until the next year.

Not everyone approved of this holiday. Catholic Church leaders thought of the holiday as being against their religion, but despite their opinion the holiday continued.

How did it get its name?

There once was a Roman priest named Valentinus who was told to give up Christianity or die. He chose to die and was brutally beaten and beheaded on February 14, 270. While imprisoned, he became good friends with the jailer's blind daughter and before his death, he left her a letter signed "Your Valentinus".

Soon, February 14th, the holiday for the love shared with friends and lovers, was dedicated to Valentinus and was called St. Valentine's Day.



Greetings from
Bernal's Kids



"The Bay Area Celebrated the Year of the Young Reader" with a conference scheduled for Saturday, February 11, 1989, from 9:00 a.m. to 4:00 p.m. at Phillip & Sala Burton Academic High School. The program will showcase the diversity and multicultural richness of the San Francisco Bay Area children's book scene. Marilyn Sachs, recent winner of the Bay Area Book Reviewers Association Award, will be the keynote speaker. Bobby McFerron will headline a panel of Bay Area celebrities sharing the importance of books in their life. Throughout the day, workshops and panel discussions will feature Bay Area children's book authors, illustrators, booksellers, publishers, educators, and many more. Participating authors and illustrators include: Candy Boyd, Lucille Clifton, Allen Say, Laurence Yep, and Zilpha Keatley Snyder. Workshops will focus on publishing, reviewing, book awards, multicultural resources, literature in the classroom and books on television.

The conference is planned as part of the 1989 "Year of the Young Reader" nationwide campaign to spotlight the joys and importance of books and reading for youngsters. Conference sponsors are: The Library of Congress- Year of the Young Reader, San Francisco Public Library, San Francisco School Volunteers, Society For Children's Bookwriters, Friends of the San Francisco Library, Northern California Children's Bookseller's Association, San Francisco Unified School District, San Francisco Chronicle, and KQED-TV.

Registration is open for libraries, teachers, parents, booksellers, and others interested in children's books. The \$30 registration fee includes a box lunch. Send registration to "Year of the Young Reader," 870 Market Street, San Francisco, CA 94102. For further information call (415) 788-2573.

Bernal Gym Happenings



Ongoing Events

Tap Dance Class --- ages 6-12
Aerobics Class --- ages 17-Over
Senior Citizen Club --- ages 55-Over
Self Awareness Class --- ages 9-15
Cheerleaders --- ages 8-13
Library Visits
Weight Training
Homework
Arts & Crafts

Upcoming Events

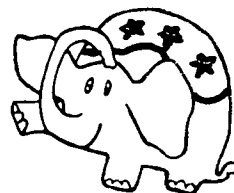
Youth Basketball Sign-up --- ages 10-15
Youth Checkers and Chess Tournament --- ages 6-17

For further information,
contact Directors J.T. or Yolanda Travis
285-6252



Celebrate Black History Month

movie review time:
by Don Gible



One of the funniest movies this last holiday season is Dirty Rotten Scoundrels.

It's about two con men seducing heiresses on the French Riviera. To separate the heiresses from their jewels, they concoct the most hilarious lies you can imagine and when their lies are exposed, they improvise with even more outrageous nonsense. The con men are Steve Martin and Michael Caine.

Caine plays the old-world con man. He's suave. He claims to be an exiled prince who needs money for the freedom fighters of his homeland.

On a train, Caine watches in amusement as another con man hustles a woman for a meal. His line is that he can't pay for lunch himself because he's saving all his money for his sick grandmother.

But when that small time hustler, played by Martin shows up in Caine's town, a battle begins. Without going into all the twists and turns -- there are just too many of them-- the two end up working together as a team, with Caine as the master passing on his knowledge to Martin.

With Caine's urban charm, Martin's great comic timing and an excellent supporting cast, the film is a complete charmer.

grade A

Special Events at the Library

by Cathy Bremer

*February is Black History Month and Bernal Branch is one of three branches in the city participating in a Black History Celebration. The event kicks off with a special Saturday program at the Western Addition Branch, 1550 Scott Street, on February 4, 1989 at 4:00 p.m. This program features Reggae music and other performances and speakers. The events at Bernal include:

Karen McKie and Her Dolls
Wednesday, February 8 -- 7 p.m.
Wajumbe Children's Dance Ensemble
Saturday, February 11 -- 4 p.m.
Theo Campbell, Storyteller
Tuesday, February 14 -- 10:30 a.m.
Film Festival
Tuesday, February 21 -- 10:30 a.m.
Wednesday, February 22 -- 7 p.m.

Stop in at the library for a full list of Celebration activities.

*In March, we will have a special crafts program:

Potato decorating (for St. Patrick's Day)
Tuesday, March 14 at 10:30 a.m.
Wednesday, March 15 at 7 p.m.

Egg decorating (for Easter)
Tuesday, March 21 at 10:30 a.m.
Wednesday, March 15 at 7 p.m.

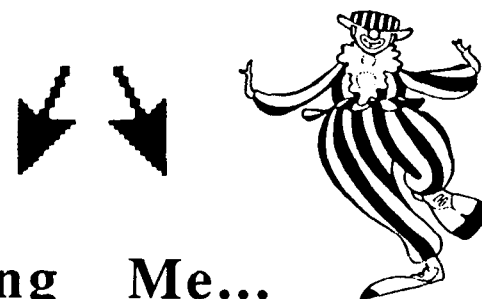
*And during school vacation time, there will be ongoing craft activities each afternoon.

*And, of course, our new children's librarian, Dorothy Coakley, will be presenting Preschool Storytime every Tuesday morning at 10:30, Infant Lapsits (for ages 0-3) at 11:15 on Tuesdays, and the ever-popular Family Storytime each Wednesday night at 7 p.m.

*Adult programs include:

Discussion and viewing of the Bill Moyers series "World of Ideas." The opening program features an interview with Isaac Asimov. Dr. Helen Sobell, co-convenor of the Gray Panthers will lead the discussion. Wednesday, February 8 at 1:30 p.m.

The Bernal Heights Archives Project meets on the first Wednesday of each month at 7 p.m. Come and share your memories of life on the Hill.



King Me...

from the S.F. Recreation & Park Department

Sign-ups are now being accepted for the San Francisco Recreation and Park Department's Annual Citywide Youth Checkers Tournament. Children and youth 6-19 years old will compete in six age classifications in the tournament to be held Saturday, February 18, 1989, at 11 a.m. at the Chinese Recreation Center, Washington and Mason Streets.

Sign up at your local playground or recreation center. For additional information, call 550-4470.

BERNAL YOUTH FOCUS

Christmas

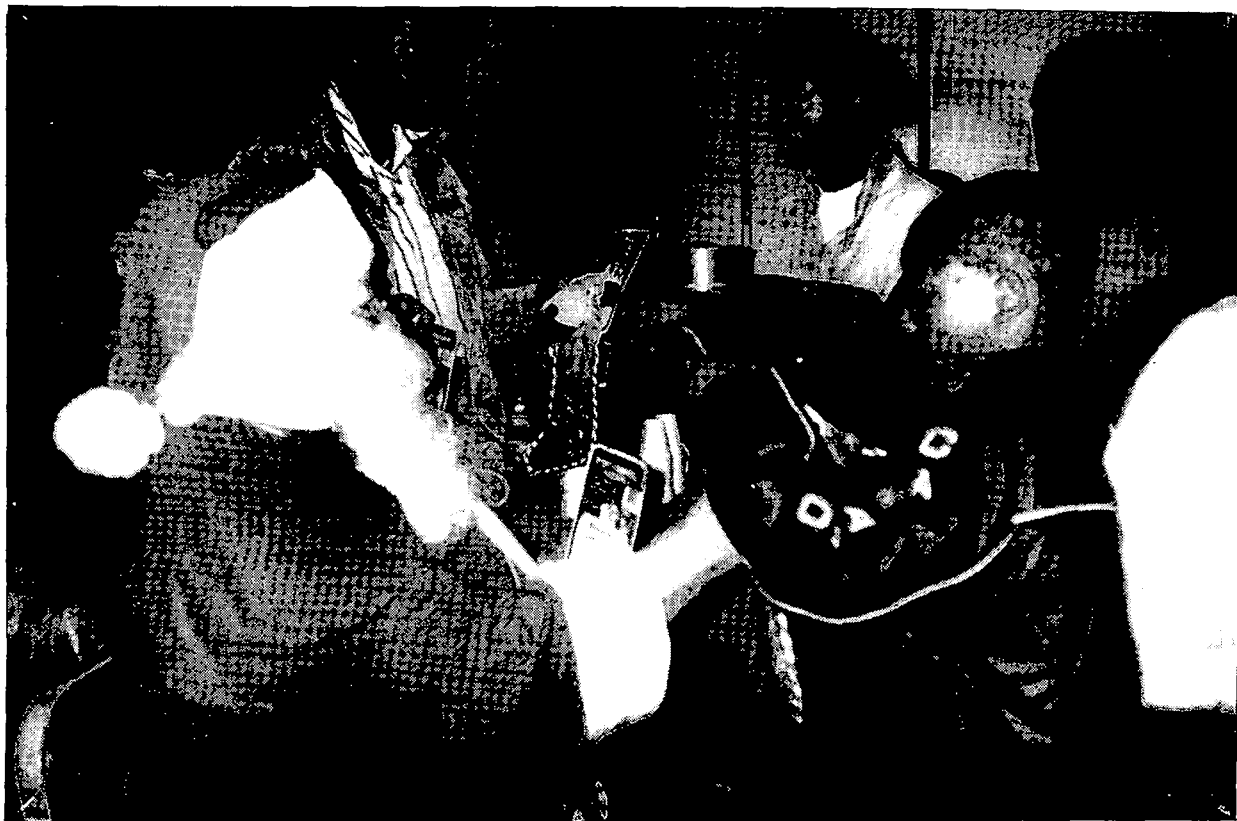
Cheer at the BHCF

by E. Dizon

Check it out. A Children's Christmas Celebration was held at the Bernal Heights Community Center on Thursday, December 22, 1988. Over four dozen kids from toddlers to teenagers waltzed into the center and up the stairs to the converted movie room. Promptly at 7:00 p.m., Walt's Disney's *A Christmas Carol* began-- all video equipment provided by the Bernal Branch Library-- followed by two more holiday movies courtesy of Four Star Video on Cortland Avenue. Popcorn and punch were available along with other food donations: Pizza Express' extra, extra large pepperoni pizza, King Tut's delectable munchies, and Mary Lou Bartoletti's candy and fruit.

Now, we couldn't have a Christmas party without Santa Claus, right? So Gerald Whitehead, Mary Johnson, Latrendia Smith, Bennie Smith, and me, Eileen Dizon gathered all the kids around Santa's lap. Each child waited in turn to receive his special surprise Christmas gift and Christmas stocking. At Kemper National P&C Companies, over 100 toys were collected and donated by the employees through their employees club, The Kemper Club. Donations were also made by Fox Industrial Companies, Safeway Supermarket (on 30th and Mission Street), Radio Shack (on Mission Street), Walgreens (on 23rd and Mission Street), Copeland's Sporting Goods (on Market Street), and JC's Supermarket. The Bernal Seniors at the Community Center did the fancy tape-job and wrappings. Extra candy canes and toys went to the kids at Holly Park and Alemany and other kids' throughout the hill. Finally, after receiving their presents, the children left to spread their Christmas cheer, leaving us and Michael Noon to joyously clean up.

But wait there's more. Simultaneously during the kids' party, the seniors downstairs were throwing a neighborhood potluck dinner. Special Chinese cuisine was donated by Mai Lum Restaurant and Filipino bread was brought by Bennie Smith along with the delicious dishes brought by neighbors making a fabulous pre-Christmas feast. Now don't you wish you had been there?





Book Donation to the Bernal Heights Library: From left to right Author of Mihinhin, Anthony E. Santa Elena; Librarian Cathy Bremmer; Bernal Journal Editor Gail Corbitt; and donor of the four books, Alfredo Ines Pasula.

EAST SLOPE/SOUTH SLOPE UPDATE *by Maxine Neitz*

In August, the East Slope and South Slope Neighborhood Committee was formed to help bring infrastructure improvements to three areas of Bernal Heights.

A committee meeting was held at the Bernal Heights Community Center at which Tom Conrad of the Redevelopment Agency spoke about what his agency could do to get sewer, water, hydrant, and street improvements planned and accomplished. As a result of that meeting, neighbors voted to ask Redevelopment to do just that, and the Neighborhood Committee was born. It is composed of two co-chairs, representatives of the three areas, and advisory members from the BHCF and the Open Space Committee.

Since that time, Committee members and residents and property owners in the three areas have met to determine the boundaries of each area. Then a request was sent to Supervisor Nancy Walker to introduce legislation creating a Redevelopment Survey Area for the purpose of implementing the needed improvements. This resolution was passed in November. The Redevelopment Agency has, this January, budgeted money for the initial information-gatherings, surveys, and preliminary engineering work, such as accurate mapping and soil analysis. Later in January, the Neighborhood Committee has met for the first time with Redevelopment staff members assigned to this project.

At the same time, the moratorium on new construction in these same areas had expired. Since it is critical to keep new buildings from going up during this planning process, before the sewer, water, fire hydrants, and roads are in, a new moratorium has been put before the City. It passed the Planning Commission early in January, and on to the Land Use Committee later in the month.

The three areas in the Redevelopment Survey are:

1. Brewster/Joy; Bayshore Freeway to Mayflower to lower Franconia to Esmeralda, including the northeast corner lot of block 5643, to upper Franconia to Rutledge and back to the Bayshore Freeway.

continued on page 11

Book Review

by Gail Corbitt

MAHINHIN

A Tale of the Philippines

by Antonio E. Santa Elena

This is a delightful, beautifully written story about a young Filipino girl, Mahinhin (a nickname which means Shy Star) and her wonderful family.

Although this is a story for young readers, anyone who loves a good tale and wants to learn about life in the Philippines would enjoy reading it.

Mihinhin is a precocious adolescent whose shared adventures with her younger sister and other family members give the reader a real insight into how a working class Filipino family lives, works, eats and plays.

When neighborhood cats and dogs disappear, including Mihinhin's beloved dog, Smarto, everyone is concerned. However, through a bit of good fortune, Mahinhin and her family get a new pet, a beautiful, funny and loving duck they name Bubba. When Mihinhin hears a loud noise one night and discovers that her duck is being stolen, she leaps fearlessly into action and shows what a brave young woman she is. Not only does she rescue Bubba from a vicious youth gang, but through a series of events is able to befriend one of the youth and help him change his life.

This is a action packed yet very believable story. As The Los Angeles Times noted in their review of this book, "It is one of the very few readable books about Filipino children published in the last century."

When I recently interviewed Mr. Elena, I asked him how he could so clearly tell a story from the perspective of a twelve year old girl. He replied that he had drawn on his memories of his youth in the Philippines. He is currently working on a new book about life in the Philippines to be titled *Random Thoughts*.

Editor's note: These books were generously donated by Bernal Heights resident Mr. Alfredo Ines Pasula. Mr. Pascua worked at the Filipino Consulate as a legal officer from 1954 to 1971 and retired from the Bank of America in 1978. Mr. Pascua is currently a notary public at the Filipino Consulate Building.

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Alemany Notes

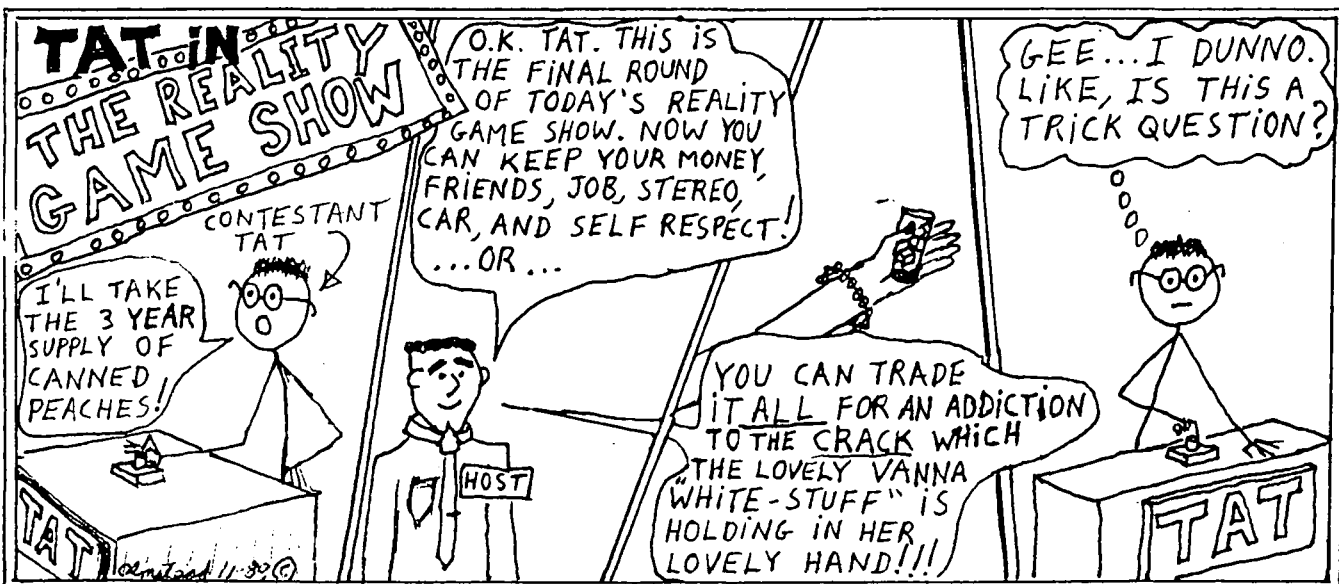
by Barbara Garcia

ALEMANY TENANTS WIN A BIG VICTORY. 1989 arrives and the 'good guys' won! According to the San Francisco Housing Authority, "at the request of the good guys, 'whoops, I mean to say.' At the request of the Alemany tenants there will be space for washing machines and washing machine hook-ups in each rehabilitated unit! And because of this the underground pipes will be completely replaced. I can only say that I'm thrilled: good-bye to sinks backing-up, good-bye to caved-in cement due to broken pipes and good-bye to the idea that "you can't fight City Hall."

HELLO TO ANTHONY SINGLETON, the new youth organizer. Thanks to the efforts of the Bernal Heights Community Foundation and St. Kevin's Church and a generous grant from the Irvine Foundation we have a full-time youth organizer for the next 18 months. Anthony is here to work for and with the tenants. Some of the programs he might help to organize are a pre-school, GED classes out here, more tutoring, sports, field trips and whatever we think is important for children. So take the time and go down to the pre-school building and let Anthony know we are ready to support him. Good luck to our first paid youth organizer. Also, thanks to some unpaid workers - Earl Chase, Jerry Powell and all the tutors who come to Alemany every week for the Wednesday night tutoring.

DID YOU KNOW? California Civil Code Section 1941-42 states that if a landlord neglects repairs, a tenant has the right to get repairs done and deduct the cost from the amount of rent that is due. Under California law a landlord (in our case the San Francisco Housing Authority) MUST provide 1) Unbroken windows and doors; 2) Plumbing and gas facilities in good working order; 3) Buildings and grounds free of rubbish, garbage, and broken glass. I guess that legally the only question is, are we tenants? And if so, it is time to organize our efforts to change the San Francisco Housing Authority's continued failure to provide adequate maintenance. This effort might also include tenants from other projects.

AS I SIT HERE trying to finish this article by the deadline, I'm smoking my cigarettes (at \$1.75 per pack), and eating chocolate chip cookies. I wonder why I bother making New Year's resolutions? I hope all of you out there are having more success than I am - HAPPY NEW YEAR!





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MAYOR AGNOS MEETS WITH EDITORS OF NEIGHBORHOOD NEWSPAPERS

by Gail Corbitt

Mayor Agnos met with the editors of 12 neighborhood newspapers who form the San Francisco Neighborhood Newspaper Association for our regular bimonthly meeting. At this meeting the mayor talked about several topics of interest to all our neighborhoods: the budget, homelessness, and some insolvable problems that the city faces.

Concerning the budget Mayor Agnos said, "It is a two year process to work our way out of the budget problems left by the previous administration. We've built a whole new budget team, upgrading and expanding it. We will institute a zero based budget. Last year we didn't have the opportunity to begin at a new cycle. We are aggressively seeking the sources of funding that we have coming from the federal and state government..." The mayor also stated that the corporate giving, which has been generous in San Francisco, cannot be considered inexhaustible.

Concerning homelessness the mayor said, "We are not a magnet city. Other large cities such as Los Angeles and New York are having the same kinds of increase in homelessness that San Francisco is facing. When I came in as mayor, I sat down with homeless people, advocates and providers..."

The mayor is striving to stop the one night hotel stays and shift policy to a seven day program. Money should be put into permanent shelter for the homeless. One goal is to purchase hotels and keep people in residence long enough to discover the cause of the homelessness and the solution for that individual.

Other subjects addressed by Mayor Agnos included modernizing family policies so that benefits and insurance could go to the beneficiary designated even if that person is not an immediate family member. The mayor stressed that this is not a gay issue. Today's families are changing, and our society must reflect that in the benefits that workers earn.

The mayor concluded the conference by talking about San Francisco's three and a half unsolvable problems: 1) AIDS. Today we have three people a day dying from AIDS. In 1992 that number is projected to be 5 deaths a day. We must strive to provide the best care available for those stricken. 2) Crack/cocaine. Model programs such as Oceanview Park are encouraging, but the profits to be made from these drugs cause the dealers to be really bold. 3) Homelessness and 3 1/2) Graffiti.

Mayor Agnos has agreed to write a regular column for the neighborhood papers in our association. The first one will appear in our April issue.

Editor's note: These meetings give neighbors an excellent opportunity to ask the mayor about our concerns. Please call me at the Community Center between 12:30 and 5:30 p.m. Monday - Friday if you have ideas or concerns you would like to be considered.

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Jessica Murray's

11



Astro-rap

Good News! Jupiter is direct again. After four months of what from Earth's point of view looked like backward motion, the Jovial planet appeared to stop in the sky on the night of January 19th and begin to move forward again. Very slowly at first and then with increasing speed, this giant of a planet will be back on track, through late Taurus and Gemini until the end of July, 1989.

And now that Jupiter is back on track, the green light is definitely on..

Fresh bursts of optimism are now unleashed into the collective mind. Can you feel it? Into the lives of individuals whose charts feature late Taurus and Gemini planets there will be a blossoming of opportunities. Jupiter signifies potential and increase, so many of us will suddenly find that our work roles are expanding, our social lives getting busier, or houses are feeling too small...depending upon where Jupiter falls in our charts.

The ancients deemed Jupiter, quite smartly, the planet of Luck, for their interpretation of celestial accordances was more fatalistic than the current view. That is, they presumed that with the Jupiter transiting the sun, for example, one would win a prize or other sudden gain from out of nowhere.

These days we reason that Jupiter works by provoking an individual's own positivism: when one is in an expansive frame of mind and activated by generous motives, good things tend to happen to a person.

Whichever way you shake it, Jupiter is a welcome influence, and one is certainly more likely to win the lottery with its transit than without. Or at least get one's name in the paper!

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EAST SLOPE CONT.

2. Banks/Chapman; Gates to Bernal Heights Boulevard to Bradford, including the Esmeralda right-of-way to Waltham, Bradford to Bernal Heights Boulevard, including the triangle of City-owned land, to Powhatten to Nebraska, then along a lone parallel to and 100 feet south of Powhatten to Ellsworth to 100 feet north of Powhatten then east to Gates.

3. Bradford/Jarboe; Putnam to Tompkins to Alemany to the Bayshore Freeway to Cortland and back to Putnam.

These areas have been organized and for three years have been trying to get a City agency to provide infrastructure improvements for three years. The East Slope Preservation Committee and the Banks/Chapman Neighbors have been working with the Planning Department to resolve these problems. A previous moratorium has been passed and then extended. Mr. Jon Hussy of the Planning Department has been a guiding light through all this. At one point, the DPW was preparing to study the Brewster corridor, however, the City's budget crisis ended that effort. Now, the Redevelopment Agency is being asked by the neighborhood to provide the needed resources to finish the job. We hope all will go well with this.

The East Slope and South Slope Neighborhood Committee meets on Tuesdays, at 7 p.m., at the BHCF. If you would like to know more about this or to participate, please call the BHCF at 648-0330 for the exact date of the next meeting.





Buck Bagot brings his extended Bernal Heights family to his swearing in ceremony as a Commissioner.

CLASSIFIEDS

To place a classified ad call 648-0330. Rates \$2.50 for three lines, .50 cents for each additional line.

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1967 OPEL KADETT for sale to good home. Needs rear end. Will sell whole or part. Full records and factory service manual available. 285-5159

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RENTAL WANTED seeking 1 bdrm. apt. studio or non-smoking shared household in Bernal Heights in late April or early May.. Would prefer a yard, washer, garage. Call Vicki at 648-0330 (w)

WINDOW REPAIRS I replace broken glass,, ropes and re-putty sashes. Seal up windows, small carpentry and painting jobs. Small jobs ok. Free estimates, I am prompt.. City Window Service. 337-9327

CEMENT WORK: sidewalks, patios and walls. Reasonable rates. Many years experience working in Bernal Heights. Gustavo Alvarez. 285-1909

Two room suite for rent. \$375 mo. includes utilities. Private entrance. Bernal Heights Community Foundation. 648-0330.

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Bar and Patio February			
Comedy Night 9 to 11	Blue Thursday 9 to 1	5-7 Oysters Dance/Lounge 10-2	Beer Garden House Music noon-7
1 Danny Williams Renee Hicks Karen Ripley	2 Curtis Lawson California Blues Band	3 dj Carlos Grant	4 dj Stephen Givens
5	6	7	8
9 Marga Gomez Monica Palacios	10 Crosscut	11 dj Elton Brown	12 dj Peggy Key
13	14	15	16
17 Marilyn Pittman Greg Proops Ed Crasnick	18 Ron Hacker and the Hacksaws	19 dj Carlos Grant	20 dj Tom Wright
21	22	23	24
25 Diane Amos Sandy Van Josh Kornbluth	26 Lisa Kindred & Friends	27 dj Peggy Key	28 dj Carlos Grant
29	30	31	

3158 Mission

282-3325

Art & Entertainment

ON THE HILL



PHOTOS FROM THE AGE OF STEAMSHIP TRAVEL

by Henry Hollinder

Buffet Flat Books is currently exhibiting "Strange Souvenirs" an unusual collection of photographs, taken by the late Claudia Lea Phelps during her travels around the world in the 1920's. Reproduced from 'magic lantern' glass slides, these photographs present intriguing early coloring techniques as well as a glimpse into world of adventurous steamship travel.

Long cruises were at the height of their popularity in the 1920's when the young Claudia Phelps traveled with her family to exotic and previously inaccessible countries. The advent of powerful, reliable steamships, of electrical power and telegraph systems, and of savvy, competitive travel agencies made possible the first intrusion of camera-bearing tourists.

Claudia Phelps was aboard the first bona-fide round-the-world tour by an ocean liner, the Laconia, chartered and conducted by the American Express Company. Making stops in Korea, Japan, China, Burma, Indonesia, India, Cairo, and other remote places, the tour captured headlines wherever it anchored, and was routinely greeted with keys to the city, formal ceremonies and other special events. Following this voyage, Ms. Phelps made other journeys to Denmark, Lapland, and South America in later years.

Ms. Phelps' negatives were sent to laboratories along the way, where positive transparencies would be hand tinted, according to written instruction, and made into glass slides. Usually shipped directly home, these slides were often viewed for the first time many months after they were taken. After her death in 1984, her collection of thousands of slides was uncovered and preserved by her family. For this presentation, a selection has been made into color prints.

'Strange Souvenirs' is far more than a collection of snapshots. Ms. Phelps' wry sense of humor and surrealistic taste is evident throughout, in her candid depictions of an Indonesian pig vendor, a Brazilian snake tamer, or a young lady meeting Lapps for the first time. All of the photographs are exceptional for the strange, subtle color quality resulting from hand tinting, or an art lost since the advent of color time.

'Strange Souvenirs' will be exhibited at Buffet Flat Books, at 307 Cortland Avenue, through February. Drop by and offer your impressions and comments.



CESAR'S LATIN PALACE

Nelson and his Meraengueos from Cuba. Six week extravaganza from now to the end of February.

Cesar and His Latin All Stars with Anna Daisy, Cali Aleman, Pancho Zareala

Free dance lessons every Friday night. Admission free 8-10 p.m.

Sunday afternoons free party for seniors
Cesar's Latin Palace/6486611



BUFFET FLAT

Feb. 3 Blues Guitar with Chester D

Feb. 10 Blues Harp with Big Bone

Feb 17 New Folk with Bing Aradanas

Feb 23 Party Folk with Phoenix Ironworks

MORE SHOWS IN MARCH!

Music for Children

Mark Smith and Jose Rodriquez

Sat. Feb. 11 at 1 p.m.

Sat March 11 at 1 p.m.

Buffet Flat/ 307 Cortland Ave./ 641-8247

Susan Greene Exhibit at the Deli Pub

by Emma Torres

The Deli Pub is now featuring the works of Bernal Heights artist Susan Greene. Formerly from New York, Susan has lived in the Bay area for seven years, but is new to the Bernal Heights neighborhood. Most of her previous work has been as a muralist on large scale, community projects such as the mural which can be seen at 20th and Folsom. For the artist the works now on display at the Deli Pub came out of her desire to make a stronger autobiographical statement through the use of metaphorical images on canvass. Her paintings make their impact through vivid colors and striking imagery, but for Susan the most intriguing aspect of her work is what people bring to them, "It's interesting to hear what people think a particular painting means to them. Everyone sees something different." The exhibit of Susan Green's work can be seen at the Deli Pub now through February 15th.

The Deli Pub/301 Cortland/285-1631

EL RIO



RON HACKER AND THE HACKSAWS

El Rio begins the new year with a mix of old favorites and exciting new events. Comedy will return on February 1 but at a new time on Wednesdays at 9 p.m. Blue Thursdays will be the latest live entertainment attraction and will be celebrated with a kick off party on February 19. DJ Dance/Lounge will continue on Fridays as will DJ house music on Saturdays.

WEDNESDAY COMEDY NIGHT

9- 11 p.m. \$5.00 cover

Feb. 1 Danny Williams, Renee Hicks, Karen Ripley

Feb. 8 Marga Gomez, Monica Placidis

Feb 15 Marilyn Pittman, Greg Proops

Feb 22 Diane Amos, Sandy Van

BLUE THURSDAYS

9 p.m. - 1 a.m. \$2 cover

Feb. 2 Curtis Lawson, California Blues Band

Feb. 9 Crosscut

Feb. 16 Ron Hacker and the Hacksaws

Feb. 23 Lisa Kindred and Friends

DJ DANCE/LOUNGE, FRIDAYS

10 p.m. - 2 a.m. No Cover!

Feb. 3 Carlos Grant

Feb. 10 Elton Brown

Feb. 17 Carlos Grant

Feb. 24 Peggy Key

DJ HOURS MUSIC, SATURDAYS

10 p.m. - 2 a.m. No Cover!

Feb 4 Stephen Givens

Feb 11 Cory Iwatsu

Feb. 18 Tom Wright

Feb. 25 Carlos Grant

SUNDAY GARDEN PARTY

4 p.m. - 8 p.m. \$6.00 cover

Feb. 19 Grupo Sinigual ..salsa

Feb. 26 Voz modern and Brazilian

El Rio's Garden Parties are GREAT!

El Rio, 3158 Mission Street 282-3325

Subsidized Housing Scheme Uncovered, \$850,000 Settlement

Carole S. Cullum, partner in the law firm of Cullum & Sena is a six year resident of Bernal Heights and a member of the BHCF. On October 6, she announced that her firm along with the West Bay Law Collective and Bayside Legal advocates won an \$850,000 settlement of a lawsuit brought by 12 families residing at the federally subsidized Vista Del Monte Housing Complex in Diamond Heights.

Carole explained that the private owners and managers of this housing complex, through a complicated series of investment vehicles and in an attempt to shield their investors from any liability, had engaged in a practice of willfully failing to make repairs and ignoring complaints of tenants. "These owners sophisticated in the inner workings of HUD (Housing and Urban Development) used the federal government to subsidize their profits at the expense of the tenants' rights to adequate housing.

Owners pushed the project to the brink of disaster, fully aware of the fact that HUD had no other alternative but to grant these owners carte blanche and allowing the property to run down unchecked by proper management. They literally held HUD hostage by refusing to meet their obligations as landlords and owners of real property under California civil law. Fully aware of the fact that the tenants were in great distress, the owners never once reached into their own pockets to make needed repairs. Instead, they delayed making even the most fundamental repairs, waiting until they could turn to the HUD for virtually interest free loans and subsidies."

According to Carole, the defendants clearly considered this negligence an asset for potential investors. "As part of the prospectus put out to new investors prior to purchasing the property, these entrepreneurs represented that the property could be bought for a fraction of its value, that no other funds would be sought from the investors for repairs, that

tax sheltered depreciation and operating losses would be available producing a 100% return on their investment in just 7 years, in addition to the increased appreciation the property yielded as a result of the highly desirable location of Diamond Heights complex.

As examples of the way the property was allowed to deteriorate, raw sewage was allowed to flow unchecked, drug dealers were employed as part of the maintenance team, and chronic roof defects remained unrepaired for a period of 15 years causing serious leaks in most of the 104 units. particularly distressing to the tenants was their exposure to deadly asbestos particles as a result of rain damaged ceilings crumbling and discharging asbestos throughout their apartments. Defendants acknowledged that the situation presented health risks, yet failed to make the repairs. even today, there are still units at Vista Del Monte which remain uncorrected."

Carole sums up by reminding us why this case is important to all tenants and activists interested in decent and affordable housing. "Poor people historically have been unable to obtain legal representation in their efforts to seek decent housing due to the tremendous costs and time involved in litigating these cases," she asserts.

"These owners have been banked on this inability in willfully failing to make necessary repairs to the premises." But "after the case," she stated which protected the largest settlement of its kind in the country for tenants residing in the HUD subsidizing projects," landlords should think twice before ignoring their duties to provide adequate housing. tenants will now know that the court system will provide an avenue to hold these slumlords accountable. Multi-million dollar verdicts or settlements are the penalties that landlords, indifferent to the need of tenants, will have to face in the future."

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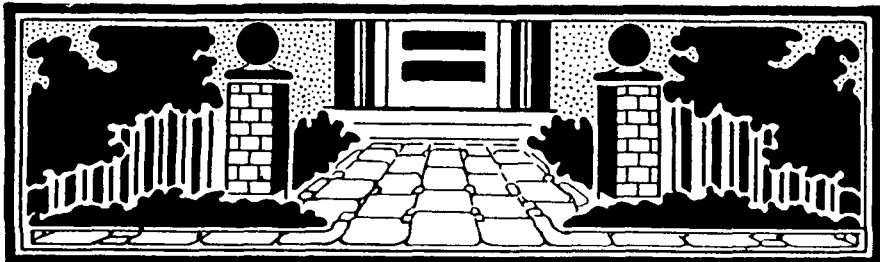
Bernal Heights Senior Program Senior News

15

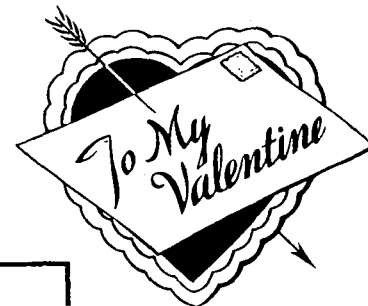
Bernal Seniors Get Taken For A Ride

Free Van Service for Bernal Heights Seniors

Many of us enjoy the beautiful views that the Bernal hill provides in our neighborhood. But this same hill can be quite a barrier for those of us who have difficulty walking the steep slopes of Bernal Heights. The Bernal Heights Senior Program can help the elderly of our community conquer this barrier by offering transportation services from their homes and to the Senior Program. Three times a week on Monday, Wednesday and Friday mornings, the courteous and friendly drivers of the service will escort seniors from their door, into the comfortable vans and to the Bernal Heights Senior Program. At the Senior Program, seniors can relax with and enjoy the company of others, as well as participate in many activities such as Easter crafts, exercise, folk dance, or bingo and also have a delicious, hot lunch of roast beef or perhaps baked chicken for only \$1.25. After the lunch hour, the Medi-Van returns to bring seniors back to their homes after a morning filled with good friends, good fun and good food. Amazingly enough, this van service is free, paid for by The Commission on Aging, in conjunction with Paratransit Services. If you would like to participate in this transportation program, please call Vicki or Mary at the Senior Program at 648-0330. Eligible seniors can begin van service immediately and take advantage of this very useful and important service in Bernal Heights.



Senior Activities! Come and Join Us!



FEBRUARY

2/8	9-1	BAKE SALE cupcakes for just 25¢!
2/9	10-12	Blood Pressure Check - free
2/9	11:15	VALENTINE'S SING-A-LONG
2/14	11-2	VALENTINE'S PARTY & DANCE
2/16	9:30	Podiatrist Visit - fee
2/27	10-2	BIRTHDAY PARTY & DANCE

MARCH

3/8	9-1	BAKE SALE - homemade goodies!
3/9	10-12	Blood Pressure Check - free
3/12 - 3/13		RENO TRIP - only \$36!
3/16	9:30	Podiatrist Visit
3/17	12:45	ST. PAT'S DAY PARTY & BINGO!
3/27	10-2	Birthday Party & Dance

For a complete listing of the Bernal Heights Senior Program Activities, stop by the center at 515 Cortland Avenue for a copy of our newsletter, or call us at 648-0330.



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- Eviction Defense
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Bernal Heights Neighborhood Center

pancake breakfast \$3.00

Pancakes, Sausage, Scrambled eggs,

February 19

proceeds from the brunch
help support the
Bernal Journal
and

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FRISKIES CAT FOOD, 6 OZ CANS	3 FOR 1.00
CARNATION CANNED MILK	.57
CMS BBQ SAUCE, 14 OZ.	1.19
LIBBY CORNED BEEF, 12 OZ CANS	1.39
STAR KIST TUNA, 6.5OZ	.79
SANTA ROSA EGGS, LARGE 18 PACK	1.69
R.C. COLA, 12 PACK, 12 OZ	2.89
OCEAN SPRAY CRANBERRY SAUCE 16 OZ, WHOLE OR JELLY	.79
CIGARETTES	
KING SIZE	12.99
100'S	13.29

BONNIE HUBBARD

SPAGHETTI, 1 LB	.69
FRUIT COCKTAIL, NO. 303 SIZE	.79
CELLO BREAD	2 FOR 1.00 OR .59 EACH
TOILET TISSUE, 4 PACK	.89
PAPER TOWELS, JUMBO	.69
2 LITER SODA	.89
SMACK RAMEN, 3 OZ PKG	5 FOR 1.00
AMERETTINI DI SARANNO COOKIES 14 OZ CAN	11.69
GAMESA COOKIES, 35 oz.	3.99
ARROWHEAD SPRING WATER, GALLON	.89
MIGHTY DOG FOOD, 5 CANS, 6 OZ	2.59
GLAD LARGE TRASH BAGS, 33 GALLON	2.69
LUX BATH SOAP, 3 PK	.89
MOTT'S CHUNKY APPLE SAUCE WITH CHERRIES, 6 PK	1.89
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COKE, 6 PACK, 12 OZ	1.69

Produce & Dairy

LETTUCE	.59
10 LB. POTATOES	1.39
CELLO CARROTS, 1 LB. PACK	.29
BELL PEPPER, LB	.69
CABBAGE, LB	.19

BERKELEY FARMS

HOMO, 1 GAL	1.98
HOMO, 1/2 GAL	.95
ICE CREAM, 1/2 GAL	2.59

Meats

SIRLOIN TIP ROAST, LB	2.09
CROSS RIB ROAST, LB	2.99
CENTER CUT PORK CHOPS, LB	2.79
PORK BUTTS, LB	1.59

FOSTER FARMS

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WHOLE LEGS	.99
CHICKEN WINGS, LB	1.19
CUT UP FRYERS, LB	.89
GROUND BEEF, FAMILY PACK, LB	1.29
GROUND SIRLOIN, FAMILY PACK, LB	1.99
TOP ROUND STEAK, LB	2.99
NEW YORK STEAK, LB	2.99
BEEF LIVER, SLICED, LB.	.89
END CUT CHOPS, LB.	1.69
PORK STEAKS, LB	1.98
FRESH PIGS FEET, LB	.49
FRESH NECK BONES, LB.	.49

Liquors

BEER

BUDWEISER, 6 PACK, 12 OZ	2.89
BUDWEISER, 24 PACK, 12 OZ	9.98
HEINEKEN, 6 PACK,, 12 OZ	4.59
SCHAFFER, 12 PACK, 12 OZ	3.89

WINE

ANDRE CHAMPAGNE, 750 ML	2 FOR 5.00
3 OAKS WINE, 3 LITER	3.29
SETTLER CREEK, 750 ML	3 FOR 7.00
ALMADEN MOUNTAIN WINES, 1.5 LITER	3.99
ERNEST & JULIO GALLO WINE: BURGANDY, CHABLIS BLANC, PINK CHABLIS, RED ROSE, VIN ROSÉ, 1.5 LITER	3.39

LIQUORS

V.O. CANADIAN WHISKEY, 750 ML	8.99
KORBEL BRANDY, 750 ML	5.99
ROYAL GATE VODKA, LITER	5.39
CANADIAN CLUB, 750 ML	9.98
OLD CROW, LITER	7.99
GILBY'S VODKA, LITER	5.99
BOURBON DELUXE, 750 ML	5.99